

**CLAIMS**

1. A communication system for an interactive device comprising:  
  
a data conduit operative for transferring XML formatted data;  
  
an Internet framework, coupled to a first end of the data conduit, operative  
5 for sending and receiving XML formatted data; and  
  
an interactive device framework of the interactive device, coupled to a  
second end of the data conduit, operative for sending and receiving XML  
formatted data.

10 2. A communication system for an interactive device as recited in claim 1  
wherein the Internet framework further comprises applications that utilize the  
XML formatted data.

15 3. A communication system for an interactive device as recited in claim 1  
wherein the interactive device framework further comprises applications that  
utilize the XML formatted data.

4. A communication system for an interactive device as recited in claim 1  
wherein the interactive device is a handheld device.

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5. A communication system for an interactive device as recited in claim 1 wherein the XML formatted data comprises an exercise object, a workout object and a program object.

5 6 A communication system for an interactive device as recited in claim 5 wherein the exercise object, the workout object and program object further comprise multimedia instructions.

7. A communication system for an interactive device as recited in claim 5  
10 wherein the exercise object further comprises a template, a definition and an instance.

8. A communication system for an interactive device as recited in claim 5 wherein the workout object further comprises a definition and an instance.

15 9. A communication system for an interactive device as recited in claim 5 wherein the program object further comprises a definition and an instance.

10. A communication system for an interactive device as recited in claim 5  
20 wherein the workout object is comprised of a plurality of exercise objects.

11. A communication system for an interactive device as recited in claim 10 wherein the program object is comprised of a plurality of workout objects.

12. A communication system for an interactive device as recited in claim 1 wherein the XML formatted data conduit transfers the XML formatted data via a universal serial bus-type standard.

13. A communication system for an interactive device as recited in claim 1 wherein the XML formatted data conduit transfers the XML formatted data via a firewire (IEEE 1394)-type standard.

14. A communication system for an interactive device as recited in claim 1 wherein the XML formatted data conduit transfers the XML formatted data wirelessly.

15. A communication method for an interactive device comprising:

initiating a transfer of XML formatted data from an interactive device framework of the interactive device;

receiving the XML formatted data at a data conduit coupled to one end of the interactive device;

transferring the XML formatted data over the data conduit; and

receiving the XML formatted data at an Internet framework coupled to a second end of the data conduit.

16. A communication method for an interactive device as recited in claim 15 wherein the transfer of XML formatted data is initiated from the Internet framework to the interactive device framework.

17. A communication method for an interactive device as recited in claim 15 wherein the transfer of XML formatted data goes both ways between the interactive device framework and the Internet framework.

18. A communication system for an interactive device as recited in claim 15 wherein the Internet framework further comprises applications that utilize the XML formatted data.

19. A communication system for an interactive device as recited in claim 15 wherein the interactive device framework further comprises applications that utilize the XML formatted data.

20. A communication system for an interactive device as recited in claim 15 wherein the interactive device is a handheld device.

21. A communication system for an interactive device as recited in claim 15 wherein the XML formatted data comprises an exercise object, a workout object and a program object.

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22 A communication system for an interactive device as recited in claim 21 wherein the exercise object, the workout object and program object further comprise multimedia instructions.

10 23. A communication system for an interactive device as recited in claim 21 wherein the exercise object further comprises a template, a definition and an instance.

15 24. A communication system for an interactive device as recited in claim 21 wherein the workout object further comprises a definition and an instance.

25. A communication system for an interactive device as recited in claim 21 wherein the program object further comprises a definition and an instance.

20 26. A communication system for an interactive device as recited in claim 21 wherein the workout object is comprised of a plurality of exercise objects.

27. A communication system for an interactive device as recited in claim 26 wherein the program object is comprised of a plurality of workout objects.

5 28. A communication system for an interactive device as recited in claim 15 wherein the XML formatted data conduit transfers the XML formatted data via a universal serial bus-type standard.

29. A communication system for an interactive device as recited in claim 15  
10 wherein the XML formatted data conduit transfers the XML formatted data via a firewire (IEEE 1394)-type standard.

30. A communication system for an interactive device as recited in claim 15  
15 wherein the XML formatted data conduit transfers the XML formatted data wirelessly.

31. A data structure for use in an XML formatted data transfer comprising an exercise object, a workout object and a program object.

32. A data structure for use in an XML formatted data transfer as recited in claim 31 wherein the exercise object further comprises a template, a definition and an instance.

5 33. A data structure for use in an XML formatted data transfer as recited in claim 32 wherein the template further comprises a description, a categorization, a multimedia and a set structure.

10 34. A data structure for use in an XML formatted data transfer as recited in claim 32 wherein the definition further comprises a description, a categorization, a multimedia and a quantification and a data collect segment.

15 35. A data structure for use in an XML formatted data transfer as recited in claim 32 wherein the instance further comprises a description, a categorization, a multimedia, a quantification plan and an actual quantification.

36. A data structure for use in an XML formatted data transfer as recited in claim 31 wherein the workout object further comprises a definition and an instance.

37. A data structure for use in an XML formatted data transfer as recited in claim 36 wherein the definition further comprises a description, a categorization, a multimedia, a list of exercises and a data collect segment.

5 38. A data structure for use in an XML formatted data transfer as recited in claim 36 wherein the instance further comprises a description, a categorization, a multimedia, a quantification and a collected data segment.

10 39. A data structure for use in an XML formatted data transfer as recited in claim 31 wherein the program object further comprises a definition and an instance.

15 40. A data structure for use in an XML formatted data transfer as recited in claim 39 wherein the definition further comprises a description, a categorization, a multimedia and a quantification.

41. A data structure for use in an XML formatted data transfer as recited in claim 39 wherein the instance further comprises a description, a categorization, a multimedia and a list of workouts.

20 42. A communications protocol based on XML, said communications protocol characterized in that:



fitness data, generated from a program of workouts and exercises, is arranged in an object-oriented architecture, wherein said object-oriented architecture allows for an encapsulation of multimedia files.

- 5 43. A communications protocol based on XML, said communications protocol characterized in that:

a program object is comprised of a plurality of workout objects that in turn is based upon a plurality of exercise objects, wherein said program object, said workout object and said exercise object are encapsulated with multimedia files.